

Adopt a Low Carbon Diet for the Planet

1. Eat LESS beef, pork and lamb

Beef's carbon footprint is 3 to 7 times larger than chicken's. In addition, production of one pound of beef uses up to 29 times more water than a pound of chicken and 50 times more than a pound of soybeans. Commit to having at least one meatless meal a week, and think about a 'less meat' diet overall.

2. Drink less 'bottled' water

Producing the bottles for US consumption of bottled water for one year requires the equivalent of more than 17 million barrels of oil AND it takes 3 liters of water to produce 1 liter of bottled water. Use a reusable container to bottle your own tap water and eliminate the 2.5 million tons of carbon dioxide that is generated from US consumption of bottled water.

3. Choose Food Less Travelled

Most American meals contain ingredients from at least five countries with an average of 1,500 miles of travel for most of the food on the American dinner table!! Buying from your local farmer's market is your best bet at choosing food 'less travelled,' but you can also look at labels to try to choose food that is more local.

4. Know Your Fish before You Eat It

High-tech fishing practices are depleting fish stocks, endangering entire species and damaging habitats, and some farm-raised fish have been found to contain high levels of PCBs and dioxins. Know which fish are struggling for survival and look for sustainably managed fish before buying. Check out the Monterey Bay Aquarium's list of sustainable seafood at <http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>

5. Eat Fruits and Vegetables that are in Season

Fresh fruits sold in the winter are often imported from faraway places or grown in greenhouses, both of which produce a large carbon footprint. Importing food by air has a carbon footprint 6 times larger than transporting by ground. Therefore, choose fruits and vegetables that are in season, and as local as possible ... it's better for your health and the planet!! (Adapted from www.goodguide.com)

6. Roses are red, smoothies are green.

A study by the University of Arizona found that most people waste 15 percent of the food they buy. You can save money and minimize waste by turning overripe fruits (and even veggies!) into yummy and healthy smoothies. Combine other leftovers into soups and sauces or have a left over night and challenge the family to empty the fridge!